



Harris Ranch Pecan Drop Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



36

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 0.5 pint egg whites (3 to 4 large egg whites)
- ☐ 2.5 cup brown sugar light packed
- ☐ 1.5 pound pecans coarsely chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.8 teaspoon vanilla

Equipment

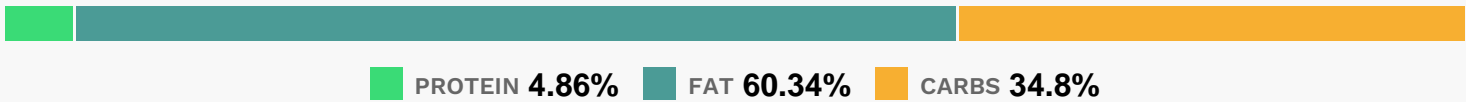
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat the oven to 350 degrees. In the bowl of an electric mixer, combine the brown sugar, salt, vanilla and pecan pieces. Beat on low speed to incorporate the ingredients then drizzle in the egg whites. Increase the speed to medium-low and beat for 4 to 5 minutes, scraping down the sides of the bowl as needed.
- ☐ Drop the dough in rounded tablespoons onto a parcmnt lined baking sheet. Press each ball of dough with the back of a spoon or your 3 middle fingers to form a cookie 3 ½ inches in diameter and about one-eighth-inch thick.
- ☐ Bake 10 to 12 minutes, until the edges are lightly browned.
- ☐ Remove from oven and immediately remove the cookies from the baking sheet to a cooling rack. The cookies will be quite soft but will firm up as they cool. Once cool on the first day they are rather crisp, but on the second day (if you can wait that long) they develop that marvelously chewy texture I so love about these cookies.

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:4.9034782411612%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 192.31kcal (9.62%), Fat: 13.62g (20.95%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 15.86g (5.77%), Sugar: 15.63g (17.36%), Cholesterol: 0mg (0%), Sodium: 63.64mg (2.77%), Alcohol:

0.03g (100%), Alcohol %: 0.09% (100%), Protein: 2.47g (4.94%), Manganese: 0.86mg (43.07%), Copper: 0.24mg (11.78%), Vitamin B1: 0.13mg (8.33%), Fiber: 1.81g (7.26%), Magnesium: 24.98mg (6.24%), Zinc: 0.86mg (5.75%), Phosphorus: 53.95mg (5.4%), Iron: 0.59mg (3.29%), Selenium: 2.22µg (3.17%), Vitamin B2: 0.05mg (3.15%), Potassium: 108.65mg (3.1%), Calcium: 26.41mg (2.64%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.26mg (1.76%), Vitamin B3: 0.25mg (1.23%), Folate: 4.57µg (1.14%)